

# WELL AWARE



September 2012

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## Contact DelaWELL

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)

1-800-556-6106

EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

## Alere®

<https://delawell.alerehealth.com>

1-866-674-9103

## Contact Statewide Benefits Office

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)

1-800-489-8933 OR (302) 739-8331

## DelaWELL’s Smart Start Challenge Begins September 10



**DelaWELL’s Smart Start Challenge\*** will take place **September 10 - October 14, 2012**. In the challenge, you will earn 1 point for each smart start step to start your day: Get at least 7 hours of sleep, eat a healthy low-fat, high fiber breakfast and get 15 minutes or more of physical activity. Your goal is to try and accumulate at least **75 points** during the challenge. By starting your day out right, you are more likely to think clearly, react quickly, concentrate and perform at your best throughout the day!

### Get Started September 10<sup>th</sup>:

Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) to learn more! After you log in, click on the challenge message posted on the left menu in the “DelaWELL Bulletin Board” section. Here you will find an informational flyer and a paper tracking form for convenience. All points must be entered online at the DelaWELL Health Portal **by October 24, 2012**.

*\*DelaWELL’s 2012-2013 Wellness Challenges are provided as additional health resources and do not count toward the 2012-2013 DelaWELL Reward requirements. To learn more about the 2012-2013 DelaWELL Rewards, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on “Program Overview” located on the left menu.*



## Make Wellness A Lifelong Journey - Participate In The DelaWELL Program Each Year To Maintain Good Health, Measure Progress And Healthy Change And Earn The DelaWELL Rewards (\$\$\$)



Benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan are encouraged to participate in the DelaWELL Program (i.e., Complete the online Wellness Assessment, attend a DelaWELL Health Screening, etc.) **year-after-year** and continue to achieve their wellness goals, maintain health, measure healthy progress and change and earn the DelaWELL Rewards (\$100 or \$200).

**If you participated in the past, be sure to get involved in the NEW 2012-2013 program and keep wellness at the forefront of your life!**

## Act Now To Earn The DelaWELL "Early Bird" Reward In December 2012



**Program Year: July 1, 2012 through May 31, 2013**

A journey toward good health starts with small steps, by setting realistic health and wellness goals. Whether you want to lose weight, become more active, quit smoking, manage your stress, improve your nutrition or maintain a healthy lifestyle, DelaWELL Rewards your efforts!<sup>1</sup>

### ***Just Getting Started?***

Visit the **DelaWELL Health Portal** at <https://delawell.alerehealth.com> to register and set up your personal profile. In just a few minutes, you'll set up your own username and password to keep your information secure.

### **Earning the DelaWELL \$200 Gold Level Reward Is As Easy As 1-2-3:**

**1) Know Your Numbers:** Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state NOW through November 2012 and January through April 2013. Once logged in, click on the links on the left side of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar and to sign up for an appointment.

**2) Get A Plan:** Complete your confidential online **Wellness Assessment** questionnaire for 2012-2013 by visiting the DelaWELL Health Portal (<https://delawell.alerehealth.com>). In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations for healthy steps you can take to reach your goals. Current members can view their past wellness assessment results to measure progress and health changes.

### **3) Join a Program:**

- **NEW!** Enroll in a worksite or online **Weight Watchers Program!**<sup>2</sup> Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> to learn more and get started.
- **Or**, actively participate in an Alere **Health Coaching Program or Condition Care Program.**<sup>2</sup> to get the support and tools you need to make a healthy change or maintain your health. Visit the DelaWELL Health Portal (<https://delawell.alerehealth.com>) or call 1-866-674-9103 to find out more and enroll today.

### **DelaWELL Rewards Your Efforts!**<sup>1</sup>

**SILVER LEVEL:** Complete Steps 1 and 2 to earn **\$100!**

**OR**

**GOLD LEVEL:** Complete Steps 1 and 2 and 3 to earn **\$200!**

**NEW – "Early Bird Payment"** Complete Steps 1 and 2 by October 15, 2012 and get your Silver Level Reward in December 2012!

**DelaWELL Health Portal - <https://delawell.alerehealth.com>**

**1-866-674-9103**

<sup>1</sup> DelaWELL Silver Level Reward amounts earned between July 1, 2012 and October 15, 2012 will be paid in December 2012. DelaWELL Silver Level Reward amounts earned between October 16, 2012 and May 31, 2013 and all DelaWELL Gold Level Reward amounts earned between July 1, 2012 and May 31, 2013 will be paid in July 2013. Employees who earn a reward will receive a cash incentive included as part of their pay in either their December 2012 or July 2013 pay, as appropriate. State non-Medicare eligible pensioners who earn a reward will have it applied toward either their December 2012 or July 2013 pension check, as appropriate. Rewards are NOT offered to spouses, dependents or participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees). Both the Wellness Assessment and Health Screening are required to earn rewards. All activity requirements must be met no later than May 31, 2013.

<sup>2</sup> Qualification for a Health Coaching or Condition Care program is determined by the results of your Wellness Assessment or healthcare claims. Participants must enroll in and participate in a Health Coaching program or Condition Care program or complete one of the two Weight Watchers program options to complete Step 3 and qualify to earn the \$200 Gold Level Reward. Your Health Coach will validate completion, and credit will automatically be awarded upon meeting the criteria of completing 8 interactions (i.e., phone call, email or online conversation) with a coach during the first 6 months after enrollment, as well as completing a follow-up health coaching survey. Credit will be awarded to participants of a Condition Care Program who keep scheduled phone calls with their Alere nurse care manager throughout the program year to meet completion criteria. Participants must email or fax their completed Reimbursement Form (Along with the required Billing History proof of purchase) to Weight Watchers by April 15, 2013, in order to receive credit towards the DelaWELL \$200 Gold Level Reward.

## Hey Guys, Losing Is A Lot Better Than You Think - Weight Watchers Online For Men

Weight Watchers understands that men and women have different needs when it comes to weight loss. That's why Weight Watchers customized their tools to help men overcome the challenges of losing weight in a way that works for them. Weight Watchers Online For Men offers a science-based plan you can follow online and content tailored to the unique needs of men, male-targeted tips and strategies and workouts tailored to men.

Log on the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information on the 2012-2013 DelaWELL Program and Rewards, special discounts and purchase instructions for the Weight Watchers offerings, Weight Watchers frequently asked questions and the Weight Watchers reimbursement form.

**LOSE  
LIKE  
AGUY  
WHO  
HATES  
LOSING**

As a professional athlete and lifelong competitor, losing is something I've never enjoyed. Until now. Weight Watchers has a plan that really works for men. I've lost 23 lbs\* already, and I'm just getting started. Trust me guys, losing is a lot better than you think. So join me. – Charles Barkley

**LOSE  
LIKE  
AMAN**

\* People following the Weight Watchers plan can expect to lose 1-2 lbs per week.



 **Weight Watchers®**



## Register For The Upcoming DelaWELL University Onsite Health Seminars



The onsite health seminars are offered from 12-1pm and 4-5pm at various locations throughout the state. To register for a seminar date, time and location that is convenient for you, please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "DelaWELL University Onsite Health Seminars" link:

▪ **September 2012 Onsite Health Seminar Topic: "Healthy Aging: You Have Control Of The Lifestyle You Lead"**



September is Healthy Aging Month. Aging and body change is inevitable; however, each and every one of us has control of the life and lifestyle we lead. In this session, we will take the mystery out of healthy aging and identify strategies that each of us can embrace in an effort to keep us healthier longer and reduce our risk of developing many common conditions.

▪ **October 2012 Onsite Health Seminar Topic: "Hey Stress, We Need To Talk: Be A Stress Buster And Live A More Positive Life"**



Everyone faces ups and downs in their lives. Some stressors are personal and some are professional. Regardless of the name tag or the name on the office door, regardless of the paycheck or the bankroll, everyone experiences adversity from time to time. At this seminar you will learn about re-examining your stress reactions and responses, improving life's vision, turning life's adversity into advantage, stress resiliency, fighting stress with healthy habits, tips for cultivating contentment, creating a "stress reduction" action plan and simple and effective relaxation techniques.

▪ **November 2012 Onsite Health Seminar Topic: "Diabetes: Lower Your Risk And Avoid Complications"**



Diabetes mellitus, or simply, diabetes, is a group of diseases characterized by high blood glucose (sugar) levels that result from defects in the body's ability to produce and/or use insulin. Not sure what that means? This seminar is the place to find out.

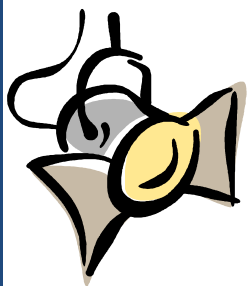
**Please continue to check the DelaWELL website for 2013 Health Seminars.**

## Family Health & Fitness Day USA - Saturday, September 29, 2012



### **Ideas to get the whole family involved:**

- Walk the dog, go for a jog, go on a bike ride, take the stairs or head to the park and let the kids run around for a while.
- Get the whole family involved in household chores like cleaning, vacuuming and yard work.
- Play frisbee or a game of baseball.
- Turn on a fun workout video at home that you can do together.
- Park farther away and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.
- Start training as a family for a charity walk or run.



## Motivation Station: Employee Spotlight

**“It wasn’t until after I completed the online Wellness Assessment that I truly saw my health was not improving. At that moment, I decided to do something about my weight and numbers.”**

### Linda Jablonski

Juvenile Case Manager  
Superior Court

**December 2009**



**May 2012**



“I was overweight and starting to have health issues, so I decided to sign-up for the DelaWELL Program. The program offered a lot of activities, tools and resources to help me try and reach my health goals. I attended my first DelaWELL Health Screening on 11/7/2010. My total cholesterol was about 200 and my blood pressure was 140/90. I had my second Health Screening on 10/26/11; my numbers were a little better but not much. It wasn’t until after I completed the online Wellness Assessment that I truly saw my health was not improving. At that moment, I decided to do something about my weight and numbers.

I took the program more seriously and signed up for some of the DelaWELL University Onsite Health Seminars. The seminars taught me what my numbers should be and how to improve them. I participated in the “Strive for 5” wellness challenge which showed me how to incorporate more fruits and vegetables into my diet. The weight loss tools on the DelaWELL Health Portal were easy to follow and helped me to be more mindful of my calorie intake and how to make better food choices. I started to eat healthier, but I still was not feeling all that great. I then decided to sign up for the DelaWELL Health Coaching Program. My health coach helped me to set higher goals and explained the importance of incorporating exercise into my weight loss program. I had to find a way to add exercise into my already busy schedule, so I started walking during my lunch breaks.

The benefits paid off:

I lost a total of 27 lbs. My total cholesterol now averages about 115 and my blood pressure stays around 120/80. With all my new found knowledge, I was able to help my husband with a weight loss program and he has lost a total of 27 lbs. Thanks to my DelaWELL Health Coach and all of the other DelaWELL programs and resources, I have met many of my health goals. Both my husband and I have more energy and feel a lot healthier. We still have more weight to lose, but at least we know that we have all the right resources to help us get there!”

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at [Employee.Wellness@state.de.us](mailto:Employee.Wellness@state.de.us) for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

To read more participant health testimonies, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “Motivation Station” link.

## Healthy Recipe

### tuna salad pita sandwiches

Pickles, celery and peppers enliven an American classic.

Takes Under 30 minutes

Makes 2 sandwiches

#### INGREDIENTS:

- 1 6-ounce (180-g) can albacore tuna packed in water, drained and flaked
- 2 tablespoons chopped red or green bell pepper
- 1 tablespoon finely diced celery
- 1 teaspoon minced gherkin, sweet pickle or dill pickle
- 2 to 3 tablespoons fat-free mayonnaise
- 1 teaspoon Dijon mustard, optional
- 1 whole-wheat pita bread
- 1 leaf red leaf lettuce
- 4 cherry tomatoes, sliced
- 6 thin cucumber slices

#### PREPARATION:

1. In a bowl, combine tuna, bell pepper, celery, gherkin, mayonnaise and mustard, if using.
2. Warm the pita briefly in the microwave or low oven. Slice in half. Line the pita halves with lettuce. Stuff with tuna mixture and tomato and cucumber slices.

#### NUTRITIONAL INFO

##### PER SERVING

335 Calories
8.7g Fat
1.8g Saturated fat
24g Protein
26g Carbohydrate
4g Fiber
525 mg Sodium

For more great healthy recipes, visit the  
DelaWELL Health Portal at  
<https://delawell.alerehealth.com>.



## The Fitness Guru Says...

### **Question of the Month: "What are some tips for healthy aging?"**

Dear Employee,

Getting older is a natural part of life. How you will feel as you get older depends on many things, including what health problems run in your family and the choices you make. Certain physical changes are common as we age: Our metabolism (how fast your body can burn calories) slows over time, which means that your body needs less food energy than before; how much and how well you sleep will likely change; and most people start needing reading glasses around age 40.

One of the most important things you can do for your health at any age is to be physically active. Physical activity keeps your body strong, and it helps with how you feel. People who stay active are less likely to get depressed. Physical activity can be anything from walking to gardening to working out at the gym. The important thing is to be active almost every day.

Your mental and emotional health are also important. Protect or improve your emotional health by staying in touch with friends, family and the community. People who feel connected to others are more likely to thrive than those who do not. To protect or improve your memory and mental sharpness, keep your brain active and challenged. Learn or do something new and different. For example, attend an educational workshop, learn a new card game or play one of the fun Health Games located on the DelaWELL Health Portal (<https://delawell.alerehealth.com>).

*Best of Health!*

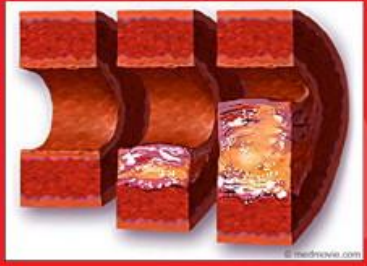
*F.G. (a.k.a. Fitness Guru)*

### National Cholesterol Education Month - Get Your Cholesterol Under Control With The Help Of Alere's Condition Care Program

An experienced nurse will work with you one-on-one. You will receive the advice, online tools and encouragement you need to overcome unhealthy habits, eat better and stay active.

Call (866) 674-9103 or visit <https://delawell.alerehealth.com> to learn more and enroll in a Condition Care Program.

High cholesterol  
increases  
your risk.



## Register To Attend The “Beat The Pack” Smoking Cessation Group Meetings

The DelaWELL Health Management Program is offering a special, free 4-week program for employees called “Beat the Pack” geared for smokers who are interested in quitting smoking. This program gives you stop-smoking information and a chance to receive support from others.

Each week, participants are required to attend one group meeting, for a total of four sessions in a given month.

**Week 1: Program Launch/ Reasons to Quit**

**Week 2: Coping With the Urge to Smoke**

**Week 3: Long-Term Benefits of Quitting Cigarette Smoking**

**Week 4: Staying Quit**



**To register for the 4-weekly “Beat the Pack” meetings at a location convenient for you**, please visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the “DelaWELL University Onsite Health Seminars” link.

## Fruit And Veggies—More Matters Month - Make Half Your Plate Fruits And Vegetables

Fruit and vegetables are an important part of a healthy diet that can help protect you from:

- Heart disease
- Bone loss
- Type 2 diabetes
- High blood pressure
- Some cancers, such as colorectal cancer



Whether fresh, frozen, canned, dried or 100% juice, these items are quick, delicious, convenient and will keep you healthy all year round.

**Do you want to improve your eating habits? If so, take advantage of DelaWELL’s Health Coaching Program. You can work with your own confidential coach to help you develop a plan of action and meet your nutrition and weight goals. Call (866) 674-9103 to learn more and enroll today!**

## **Don’t Overlook Your Child’s Annual Eye Exam**



### **Why looking after your child's eye health should include a yearly trip to the eye doctor**

Vision plays a central role in your child's life. It's a primary way children find out about the world around them. In fact, about 80 percent of what adults and children learn is through the eyes and yet, 5 to 10 percent of children have undetected vision problems.

Just like check-ups and trips to the dentist, bringing your child in for an annual eye exam is an important way you can help him or her to stay well.

### **When to start scheduling your child for exams**

Between 6 months of age and 1 year, your child should have his or her first eye exam with an optometrist or ophthalmologist. The doctor will check for nearsightedness, farsightedness, astigmatism, amblyopia (or "lazy eye"), proper eye movement and eye alignment, how the eye reacts to light and darkness, and other eye health problems.

Your child's next eye exam should take place sometime between the ages of 3 and 5, and then every year after that. During these exams, the doctor will conduct a comprehensive eye exam as well as vision screening tests.

### **Seeing an eye doctor matters**

Children often don't realize they have a vision problem, it's important they have a comprehensive eye exam conducted by an optometrist or ophthalmologist. Although, vision screenings performed at your child's school can be helpful, they should not be considered a substitute for a comprehensive eye exam.

**For questions please contact EyeMed’s Customer Care Service Center at 1-855-259-0490.**

**To learn more about your vision benefits**, please visit [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com)

And click the **Members** tab.